



BUTTERNUT SQUASH PIZZA

with Arugula & Caramelized Onions

LEVEL: Intermediate

SERVINGS: 4



INGREDIENTS

- 1 ball pizza dough (see Quick Rise Pizza Dough recipe or use store-bought dough)
- Extra virgin olive oil
- 4 yellow onions, cut into rings
- 1 large butternut squash (about 3lb)
- Kosher salt
- Red pepper flakes
- 4 ounces mozzarella cheese, cubed
- 1 bunch arugula, washed, dried and dressed with olive oil, and kosher salt
- 1 lemon

Quick Rise Pizza Dough:

- ¾ cup of whole-wheat flour
- ¾ cup of all-purpose flour
- 2 packages of quick rising yeast
- ¾ teaspoon of salt
- 1 teaspoon dried herbs and spices, such as oregano, basil, or garlic powder (or a mixture)
- ¼ teaspoon of honey
- ½ cup warm water
- 4 tablespoons extra virgin olive oil

INGREDIENT SWAPS

Butternut squash	→	Acorn squash, sweet potato, eggplant
Onions	→	Sauteed mushrooms, sun-dried tomatoes
Herbs	→	Fresh thyme, basil

SUPPLIES

- Medium bowl
- Measuring cups
- Measuring spoons
- Clean towel
- Chef's knife
- Cutting board
- Large cast iron skillet
- Rimmed baking sheet or cast iron skillet
- Food processor or blender

INSTRUCTIONS

1. Peel the butternut squash and cut it into cubes. Roast at 400 degrees for 30 minutes or until very tender.
2. Place your rimmed baking sheet or cast iron skillet inside the oven and preheat it to 450 degrees.
3. In a medium sized bowl, add the flours, yeast, salt, herbs and spices and honey in a bowl, mix to combine.

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4. Combine water and two tablespoons of oil in a measuring cup. While stirring vigorously, gradually pour in enough of the warm liquid until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1- 2 tablespoons of warm water; if too sticky, add 1 -2 tablespoons of flour. Mix until the dough forms a ball, then turn out onto a floured surface and knead for 2 minutes. Form a ball, and lightly rub dough with olive oil, and cover with plastic wrap. Let the dough rest for 20 minutes.

Make the Caramelized Onions

1. Heat a large, heavy-bottomed pan (cast iron works really well for this!) over medium-high heat, then add olive oil.
2. When hot, add onions and stir briefly to coat.
3. Lower heat to medium and leave alone for 15 minutes.
4. After 15 minutes of not touching at all (not even looking at them), add a little kosher salt and use a wide spatula to flip the bottom layer of onions to the top.
5. Cook for another 15 minutes without touching.
6. When most of the onions are a deep golden-brown color, stir mixture together, lower heat to the lowest setting and continue to cook, stirring occasionally until all onions are amber-brown and completely caramelized (10-15 minutes more).
7. Put the onions in a bowl and set aside.

Make the Butternut Squash Sauce:

Take half of the butternut squash cubes and puree them in either a food processor or high speed blender until smooth.

Make the Pizza

1. Sprinkle flour over the countertop and stretch the pizza dough. Lightly dust the dough and press into a circle. Rotate gently on knuckles, being careful not to pull or tear it. Let rest for 30 seconds until the dough snaps back a little. Continue rotating on knuckles until evenly stretched.
2. Add toppings & bake. Remove the rimless baking sheet from the oven and gently place the dough on top. Brush the dough with a thin layer of olive oil, and add a thin layer of your homemade butternut squash sauce, leaving a 1-inch border around your pizza; then add the mozzarella cheese, the squash cubes and caramelized onions.
3. Top it off with a drizzle of olive oil, a sprinkle of kosher salt and red pepper flakes.
4. Bake until the cheese and crust are nicely browned, about 8 minutes in the oven.
5. Remove the pizza from the oven, sprinkle with the fresh arugula, and squeeze fresh lemon juice over top.
6. Slice, serve & enjoy!

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